



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



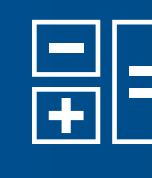
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6 WEEK HIGH-INTENSITY FUNCTIONAL TRAINING WORKOUT

This 6-week program combines high-intensity interval training methodologies with functional bodybuilding to transform your physique and up your athletic performance.

Link to Workout: <https://www.muscleanstrength.com/workout/6-week-high-intensity-functional-training-workout>

Main Goal: Lose Fat

Training Level: Intermediate

Program Duration: 6 Weeks

Days Per Week: 6 Day

Time Per Workout: 30-75 Mins

Equipment: Bands, Barbell, Dumbbells, Kettle Bells, Medicine Ball

Target Gender: Male & Female

Author: [Walter Hinchman](#)

Day 1: Chest & Triceps

Perform the following exercises with 65-75% max effort.

Exercise	Sets	Reps	Rest
Flat Dumbbell Bench	4	15	1 Min
Incline Dumbbell Bench	4	12	1 Min
Narrow Push Up	4	12	1 Min
Dumbbell Kickbacks	4	12	1 Min
Dumbbell Pec Fly	4	12	1 Min
Bench Dips	4	15	1 Min
Glute Bridge Single-Arm Kettlebell Bench Press	4	12	1 Min

Day 2: HIFT

Perform the following exercises back-to-back with no rest. Complete 5 rounds for time.

Exercise	% Max Effort	Reps
Wall Balls	85%	20
Kettlebell Swings	85%	15
Run	65-75%	400 Meters

Day 3: Back & Biceps

Exercise	% Max Effort	Sets	Reps	Rest
Single-Arm Kettlebell Row	65-75%	4	12	1 Min
Bicep Hammer Curls	65-75%	4	10	1 Min
Single-Arm Incline Row	65-75%	4	12	1 Min
Bent Over Kettlebell Row	65-75%	4	10	1 Min
Dumbbell Rear Delt Fly	65-75%	4	12	1 Min
Pull Ups	-	3	Failure	3 Min
Resistance Band Bicep Curls	-	3	Failure	2 Min

Day 4: HIFT

Perform the following exercises back-to-back with no rest. Complete 5 rounds for time.

Exercise	% Max Effort	Reps
Power Snatch or Single Arm Dumbbell Snatch	65-75%	10
Kettle Bell Hollow Holds	85%	30 Seconds
Double/Single Unders	-	30 Seconds

Day 5: Legs & Shoulders

Exercise	% Max Effort	Sets	Reps	Rest
Front Rack Kettlebell Reverse Lunge	65-75%	4	12	2 Min
Front Rack Kettlebell Squats	65-75%	4	10	2 Min
Kettlebell Suitcase Deadlift	65-75%	4	10	2 Min
Single-Arm Kettlebell Strict Press	65-75%	4	12	1 Min
Barbell Shoulder Press	65-75%	4	10	2 Min
Resistance Band Front Raise	-	3	Failure	1 Min
Resistance Band Lateral Raise	-	3	Failure	1 Min

Day 6: HIFT

Perform the following exercises back-to-back with no rest with 65-75% max effort. Complete as many rounds as possible in 25 minutes.

Exercise	Reps
Kettlebell Push Press	10
Box Jumps	8
Mountain Climbers	10

Strength Ladder

Perform the following exercises with 65-95% max effort. Repeat the following exercises once every two weeks.

Exercise	Sets	Reps
Deadlift	8	12, 10, 8, 5, 5, 4, 8, 10
Squats	8	12, 10, 8, 5, 5, 4, 8, 10